

u3a

Learn Laugh Live

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SHOTTERY u3a

NEWSLETTER: February 2024

Tuesday March 5th 2024

**'Wind Instruments'
David Wornham**

DESK AND REFRESHMENT ROTA:

March – Lunch Club

April - Ambling

- Duties include checking members in at the entrance desk and serving tea and coffee and washing up afterwards (dishwasher available). Generally 4 members are required. Where groups have difficulty in raising the necessary 4 members, please get in touch with Jan Grant– Group Coordinator. (01789 417721)

FORTHCOMING MEETINGS:

April 2nd – Interest Groups

May 7th – 'Perspectives on George Cadbury 1839-1922' Andrew Reekes

National News

Reducing the risk of dementia

We are welcoming back Sir Muir Grey as part of our Future Lives talks, which share information and resources about how we can improve our future lives. He will be speaking about strategies that may reduce the risk of dementia - one of which sounds like what many u3a members are already doing...

This event is taking place on Tuesday 19 March at 2pm. Register on [the Future Lives page](#).

Places to visit: Home and Abroad

This is the first in a new series of articles devoted to places to visit for days out and short (or long)breaks. This month's contributor is Lauri Scrivens who tells us about Bury St Edmunds. Thank you Lauri.

This month I am going to tell you about a 4/5 day break in this country. For years, in fact, for most of my life I lived in the charming area that is called East Anglia. I would like to suggest a short break based on the town of Bury St Edmunds in Suffolk. It's about a three hour drive from here. The town itself is full of beautiful Georgian buildings and has a wonderful Abbey to visit. The Abbey has some amazing gardens around it which are at their best in Midsummer but beautiful for different reasons in the other three seasons. There are a number of hotels in Bury or there is an interesting hotel at one of the National Trust properties on the outskirts. This is Ickworth House, which is surrounded by the estate full of beautiful walks, a chapel, and a large herd of deer. Its house is known for its rotunda, open as a National Trust property. The hotel there has a restaurant and there is also a National Trust café. Moving West from Bury St Edmunds travel along the A14 and the A11 to Cambridge. Cambridge, of course, is well known for its ancient colleges and seats of learning, and is a fabulous shopping centre. Both Bury St Edmunds and Cambridge have professional theatres and it's worth looking at whatever touring production is available when you are there. The Theatre Royal at Bury is also owned by the National Trust and has been renovated recently to its original Georgian self.

Travel slightly north from Cambridge, and you come to another stunning National Trust property called Anglesey Abbey. This is well worth a visit for its gardens and grounds especially, again in whatever season you are there. Its actually famous for the number of different species of snowdrops that are there during February and March. Another short drive will take you to the National Stud at Newmarket and then on to Audley End Mansion and grounds which is run by English Heritage. From there, or from Bury St Edmunds, go a little further south to travel around the villages of North Essex and South Suffolk. In particular, take a look at Finchingfield with its scenic duckpond and village green where there are several cafés and a welcoming Pub. Also try to see nearby Castle Hedingham which has its Norman Castle Keep intact and is open to the public. The Keep is also set in magnificent grounds. Nearby is the Colne Valley Railway, if you're feeling inclined to take a short nostalgic trip on a steam train. If you then travel north towards Bury St Edmunds you come across Clare , a Suffolk Village and another wonderful place full of interesting buildings. Clare has a Country Park built around a disused railway station next to a ruined castle on its mound. Cafés abound in Clare and it also boasts a working Nunnery, which has recently renovated its chapel, set in some lovely gardens and it is really worth a short visit. Take the road across to Long Melford, about 6 miles, where you can visit yet another National Trust property , and also Long Melford Hall, a Tudor house which is owned privately but open to the public. It, too, has lovely grounds.

Just south of Long Melford is the market town of Sudbury where the painter Thomas Gainsborough spent a fair amount of time. The house he lived in is now a small Art Gallery and Museum . It is open on a daily basis. Also, in that part of the world you can visit Dedham Vale , where the painter John Constable lived and worked.

From Sudbury, you can travel back to Bury St Edmunds or visit Lavenham an old wool town with more medieval or Tudor buildings. Clare, Long Melford and Lavenham have huge churches built from the proceeds of wool money when that commodity was abundant in past centuries.

Travel east from Bury St Edmunds and you can reach the Suffolk coast at Southwold or Aldburgh, visiting more interesting places on the way: The Museum of East Anglian Life at Stowmarket- very much hands on ,Sutton Hoo Treasure, the Norman Framlingham Castle, or even the RSPB Reserve at Minsmere.. As this all shows there is a wealth of beauty and interest to be found in just one small part of East Anglia.

If you venture that far east for a short, peaceful but interesting touring holiday I'm sure you won't be disappointed.

Do you have a place that you would encourage others to visit? Could you contribute a short article to the newsletter (we are happy to edit and proof read). If so, please send your article to Kate Shilvock at shotteryu3a@gmail.com

INTEREST GROUPS

We are always interested in expanding the number and range of interest groups that are on offer. If you would be interested in developing a new group, please get in touch with the Secretary via the website group <https://u3asites.org.uk/shottery/home> .

As you see above, our April meeting will be our annual review of Interest group activities. Jan Grant, our Interest Group co-ordinator , will be in touch re the format but now is the time to start preparing your group's presentation!

Group Reports

Gardening Group

If you are interested in this group please contact Jan Grant

Rambling Group

If you wish to join the group, please write to Martin Young at xh558@yahoo.co.uk

Ambling Group

Tuesday 12 March 2023 - Broadway Tower

The Ambles to Packwood House and Bidford were cancelled due to weather conditions. Hopefully we shall get to Broadway Tower for our next walk! I shall keep you updated nearer the time on directions etc. Margaret Harris

Local History Group

February's meeting opened with a challenge from a member who sent in a photograph of a GWR Sign set into a grey stone wall and challenged us to identify where it was. This led to much animated discussion and eventually identification. It was some way from what appears to be GWR territory much nearer the Tramway at the turning from Bridge Street into Waterside. I suspect the view of the Tower on the RST is going to distract many of us.

We are making progress with our investigation into collecting oral material. We have some sound files the next step is to transfer this to text and edit/prepare it for wider distribution. Some of the more recent arrivals in Stratford have been surprised to discover that there is no museum reflecting the wider industrial and commercial history of the town.

A number of group members are trying to find out more about efforts being made to develop a general museum in Stratford.

Meetings will continue at Venture House on the second Thursday of the month at 2.15. The full list of meeting dates is published on the Group's page or the Shottery U3A website. Miles Scrivens Group Leader.

Keep Fit

The Shottery and Heart of England Keep Fit Group meets on Thursday mornings, 10am to 11am at St. Andrew's Church Hall. There is a waiting list so if interested in being added to the list, please contact Robyn Nicoll.

please contact Robyn Nicoll via the web site or the shottery email (shotteryu3a@gmail.com)

Lunch Club

Lunch club on 2nd Thursday after Tuesday U3A meeting at 1pm. at different venues. Signing-up lists are put on the table at the Tuesday monthly meeting.

Contact Joan Newton for more details.

Digital Photography

Our February meeting was well attended. The subject was 'Red'. We had many different aspects including many items from the home, (one of Tins of soup like a Warhol) others in Stratford of Red refuse bins. There were some good 'red' photos from other countries.

Red sunsets were also shown. Next month's subject is 'Wood'. We shall meet at John Harris's at 2.30pm on Friday 15th March. Frances is providing refreshments. Frances Freeman

Book Group

In February we read 'The Golden Rule' by Amanda Craig. We had a good discussion, everyone agreeing that the book was an enjoyable, lightweight and, at points, unbelievable read. We also talked about whether anyone would commit murder and in what circumstances. In March we will be reading a memoir 'Dadland' by Keggie Carew.

The group is currently full, but if anyone would like to start a second group, advice on how to do this is available – Contact Kate Shilvock

Play Reading

In February, the group finished "The Village Fete' by Peter Tinniswood. Illness depleted numbers but those who were able to attend enjoyed the humour in this play originally written for radio but also performed for a live audience.

Our next scheduled meeting would take place on Good Friday so we will not meet in March. Our next meeting will be on **Friday April 22nd** when we will begin a new play. We have space for a couple of new members (especially, but not exclusively, male members). If you are interested please contact Chris Buchanan.

Obituary

Maureen Hicks died peacefully at her home on February 13th. She was a leading figure in the town for many years and had been MP for Wolverhampton North East. She was a member of U3a and a regular attender at our Thursday Lunch Club. She will be greatly missed. A full obituary was published in the Stratford Herald.

Please send items for inclusion in the newsletter to Kate Shilvock or enquiries regarding interest groups or membership leaders via the email

shotteryu3a@gmail.com